

EMPATHY IN LEADERSHIP

Self-Assessment

Empathy in leadership is the art of truly understanding and connecting with the experiences, emotions, and perspectives of those you lead. A leader who embodies empathy recognizes the individuality of each team member, listens actively, and responds with compassion and understanding.

In essence, empathy in leadership isn't just a skill; it's a transformative force that drives collaboration, fosters growth, and inspires greatness.

Rank yourself from 1-5 with 1 being the lowest and 5 being the highest.

1. I actively listen to others, showing genuine interest.

① ② ③ ④ ⑤

2. I seek feedback from team members to understand their perspectives.

① ② ③ ④ ⑤

3. I consider others' backgrounds and experiences in decision-making.

① ② ③ ④ ⑤

4. I'm aware of and sensitive to cultural differences.

① ② ③ ④ ⑤

5. I regularly empathize with others' feelings and viewpoints.

① ② ③ ④ ⑤

6. I express my emotions constructively.

① ② ③ ④ ⑤

7. I recognize and acknowledge others' emotions.

① ② ③ ④ ⑤

8. I create a safe environment for sharing emotions.

① ② ③ ④ ⑤

9. I manage my emotions effectively, especially in tough situations.

① ② ③ ④ ⑤

10. I use non-verbal cues to convey empathy.

① ② ③ ④ ⑤

11. I involve team members in decision-making.

- 1
- 2
- 3
- 4
- 5

12. I take responsibility for my mistakes.

- 1
- 2
- 3
- 4
- 5

13. I build meaningful relationships with team members.

- 1
- 2
- 3
- 4
- 5

14. I'm approachable and foster trust.

- 1
- 2
- 3
- 4
- 5

15. I address conflicts promptly to restore trust. I actively listen to others, showing genuine interest.

- 1
- 2
- 3
- 4
- 5

What empathy characteristics best described you?

What would you like to develop further?



Winning starts with understanding; the more you know, the stronger you become.